LIGHTEN UP
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BACK TO SCHOOL
SPECIAL FEATURE GETS KIDS READY FOR FALL {pages 34-40}

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WILL, JADA DENY SEPARATION
DISH {page 26}

VANCOUVER metro®
Thursday, August 25, 2011
www.metronews.ca
News worth sharing.

Cars trump transit: Study

Majority of Canadians still reluctant to take public transportation Bus and train commuters take twice as long to get to work as their car-driving counterparts

Cars are still the go-to option for Canadians when it comes to getting to work, according to a new Statistics Canada survey.

The study found about 82 per cent of commuters travelled to work by car in 2010, while 12 per cent took public transit and six per cent walked or cycled.

Seven in 10 car commuters found using public transit "somewhat or very inconvenient."

The report also says it takes an average Canadian 26 minutes to get to work, but it takes 30 minutes for Vancouverites. The average one-way commute time in the city is 25 minutes by car and 48 by transit.

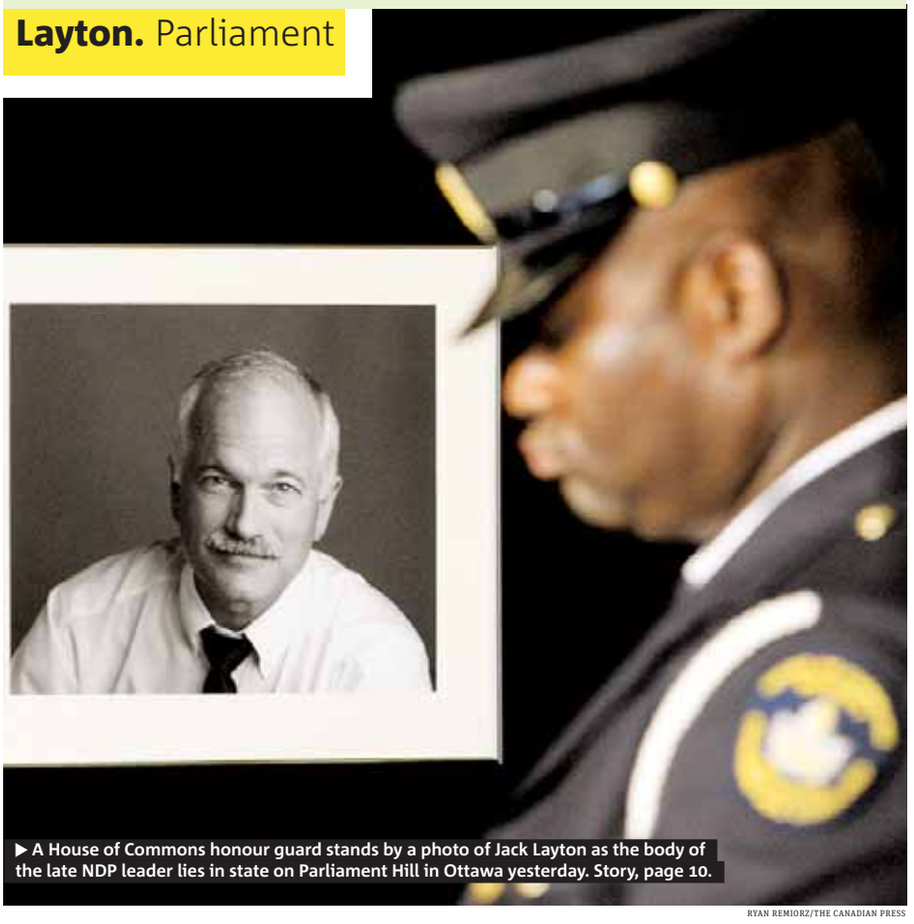
The longer commute on transit keeps Geoff Gauthier behind the wheel.

"I tried it when the car was at the mechanic and it was awful," he said of the commute from Burnaby to his job in Richmond. It took him 90 minutes to transfer between two light-rail lines and then to a cab from the SkyTrain station to get to work that day. It usually takes him 40 minutes by car.

"I've learned to minimize the stress by not thinking about (the drive)," he said.

PHYLICIA TORREVILLAS/ WITH FILES FROM THE CANADIAN PRESS

Layton. Parliament



▶ A House of Commons honour guard stands by a photo of Jack Layton as the body of the late NDP leader lies in state on Parliament Hill in Ottawa yesterday. Story, page 10.

RYAN REMIORZ/THE CANADIAN PRESS

Bidding a final adieu to Jack

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Virus may be behind salmon demise

An aquatic virus may be the culprit for the recent decline of B.C.'s salmon stocks, according to researcher Dr. Kristi Miller of the Department of Fisheries and Oceans.

Miller revealed the findings of her recent research at the Cohen Commission in Vancouver yesterday.

She and DFO virologist Dr. Kyle Garver have found a correlation between the presence of a potentially diseased gene in Pacific salmon, and high rates of mortality among the fish.

"The strength of the genome signature (from the affected fish) indicates that it is potentially causing disease," said Miller, whom the DFO had prohibited from sharing this information with the Canadian public until yesterday.

"Since the genomic signature is not generalized (to all parts of the affected fish), it fits the pathogen hypothesis," she added.

As scientific investigation on the subject is ongoing, it's too early to determine the origin or history of the prospective virus, Miller and Garver agreed.

Test results to ascertain whether farmed Atlantic salmon in B.C. may be disease carriers are also pending.

KYLE FARQUHARSON

"The strength of the genome signature (from the affected fish) indicates that it is potentially causing disease."
DR. KRISTI MILLER, DEPARTMENT OF FISHERIES AND OCEANS

MLA Black decides to leave

Port Moody-Coquitlam member steps down to take new position at Vancouver Board of Trade

PHYLICIA TORREVILLAS
@METRONEWS.CA

Port Moody-Coquitlam MLA Iain Black is stepping down from his post to take a private sector job.

The former B.C. labour minister will be joining the Vancouver Board of Trade as president and CEO in early October.

"It took some convincing to tear me away from a job and a passion of mine since I was very young boy," Black said.

Black is the second high-profile Liberal MLA to leave Premier Christy Clark's government in a week.

On Friday, Chilliwack-Hope MLA Barry Penner stepped down as attorney general saying he wanted to spend more time with his wife and baby daughter.

Clark said she's not expecting any other MLAs to quit. She also stressed Black's decision to grab a rare opportunity had nothing to do with the pressures of an upcoming election.

"It would be a mistake to take away from this any notion this is about me turning my back on my colleagues, my premier or my government," Black said.

A byelection in Port Moody-Coquitlam will be called within six months of the seat becoming vacant unless a general election is called first.

Clark was coy when asked about any plans for a possible provincial election.

"Every time I meet with you folks, I think that you (the media) spend more time thinking about an election than I do," Clark said.

PHYLICIA TORREVILLAS/METRO

▶ Premier Christy Clark announces Port Moody-Coquitlam MLA Iain Black's resignation yesterday. Black is the second Liberal MLA to leave Clark's government in a week.

1 news

Scientists find success fighting mosquito-borne dengue fever with ... mosquitoes? Scan code for story.

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On the web at metronews.ca

Olivia Chow thanks the crowd who turned out to pay respects to her late husband, Jack Layton. Video at metronews.ca

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BC Ferries floats plan to cut 400 sailings

Passenger traffic is at a 20-year low

BC Ferries is looking to cut as many as 400 sailings due to financial losses largely a result of declining traffic and passenger levels.

David Hahn, the company's chief executive officer, said the financial picture will likely get worse by the end of the year, so action is needed now.

Hahn said passenger traffic has dropped by 2.9 per cent this quarter as compared to the same quarter last year. Vehicle traffic has dropped by 3.3 per cent.

JEFF HODSON/METRO FILE

▶ The Coastal Renaissance passes under the Lions Gate Bridge.

That amounts to the largest passenger decline in recent years and represents a 20-year low. Vehicle traffic is at an 11-year low.

Hahn said in a news release the company originally planned for a net loss of about $20 million for this fiscal year, mostly a result of the declining traffic and refit and maintenance programs, among other things.

Before routes are cut, the commission that oversees ferries must agree.

THE CANADIAN PRESS

POLICE CLAIM

Dad sold daughter for sex

Police say a man in Penticton, B.C., has been charged with hiring out his daughter for sex.

The 46-year-old father is accused of sexual assault, sexual interference, living on the avails of prostitution and being a parent or guardian procuring sexual activity.

His name is not being released because of a publication ban and police are not revealing the age of his daughter.

The RCMP say they have identified three men ranging in age from 34 to 67 who had sex with the daughter.

The men were arrested and later released pending court appearances once charges against them have been approved.

More arrests may be made, police say.

THE CANADIAN PRESS

HST cliff-hanger

British Columbians will have to wait a little longer to find out the results of the HST referendum.

Elections BC originally hoped to have the results available today.

But spokesperson Don Main said yesterday the results will be available Friday, likely in the morning.

Main said there are no problems other than the vote counting has taken a little longer than expected. The agency reported earlier about 1.6 million people cast ballots in the referendum

THE CANADIAN PRESS

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News in brief

Cleaning up casinos

The B.C. government needs to find out more about criminal activity, especially money laundering, at the province's casinos, says a report released yesterday that recommends the creation of a task force to gather intelligence on the transactions. Rob Kroeker, of the province's Civil Forfeiture Office, called for the creation of the multi-agency force.
THE CANADIAN PRESS

Kelowna's gang troubles

RCMP say a 28-year-old Edmonton man arrested outside a nightclub in Kelowna, B.C. yesterday is facing several weapons counts. Grant Lewis allegedly had a loaded .45-calibre handgun when he was picked up by police. Police say Lewis appears to have gang connections in Alberta and has an extensive criminal record. There's no evidence to link this incident to a shooting last week in Kelowna that killed gang leader Jonathan Bacon.
THE CANADIAN PRESS

Fatal plane crash

One man has been killed and another injured in the crash of a small plane in southeast B.C. RCMP say the plane went down yesterday morning near the Kootenay town of Nakusp, about 500 metres off the shore of Nakusp Lake. Cpl. Annie Linteau says the cause has yet to be determined but it's believed the plane crashed while attempting to land. The passenger was killed and the pilot was taken to hospital. THE CANADIAN PRESS

Parents shaken over daughter's disappearance

Police suspect foul play in missing person's case ◐ Family desperate for clues

TERRIS SCHNEIDER
VANCOUVER@METRONEWS.CA

SUBMITTED

▶ Yanting (Lancy) Hu

TERRIS SCHNEIDER/FOR METRO

▶ Yan Yu erupts in tears when telling media about her missing daughter Lancy Hu yesterday in Richmond.

Months after their daughter's disappearance, Mu Ming and Yan Yu made a tearful plea to the public yesterday afternoon.

"We want to look out for our daughter," said Mu, Yanting (Lancy) Hu's father, with his sobbing wife by his side. "We're asking the media for help so we can find her."

Hu is a 27-year-old mother of two described as a vibrant person who worked in marketing.

Her husband last saw her July 15 around 8 p.m. at her home in Burnaby and her disappearance has sparked an extensive police investigation.

Initially, investigators say her husband falsely claimed to have last seen Hu the next morning.

RCMP suspect foul play could be involved in her disappearance.

"We will be running our investigation based on fact," said Sgt. Jennifer Pound, spokesperson for the integrated homicide investigation team. "We won't be ruling out any suspects."

Hu may have left home with a black backpack and a MacBook computer on the night of her disappearance.

Pound urged anyone with information about her whereabouts to contact police immediately.

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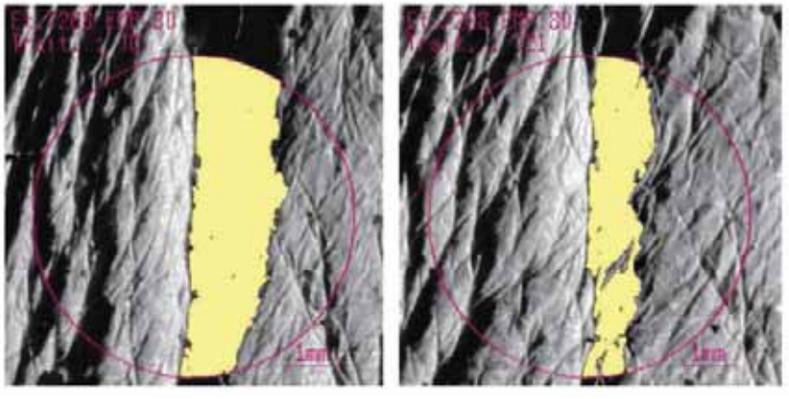

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On-ice crusaders set to lace 'em up

40 women to play hockey for 242 hours for cystic fibrosis ◆ Players eyeing Guinness Book of World Records

PHYLICIA TORREVILLAS
@METRONEWS.CA

Val Skelly and Melanie Briggs are pumped up to play the longest game of their lives.

The pair and 38 other women hockey players will take to the ice at Burnaby 8-Rinks for 242 hours straight to raise awareness and money for cystic fibrosis. They are also attempting to set a new Guinness World Record for the longest continuous hockey game.

Skelly said she wanted to do something "epic and outrageous" to help raise awareness for the genetic disorder that destroys the lungs and digestive system of its sufferers.

"I had a friend who died at 27 of CF," she said. "I told her before she died that I was going to do something big for CF … and this is what I came up with."

They have already raised $75,000 for Cystic Fibrosis Canada to help fund research and extend the life expectancy of those with CF beyond the age of 37.

Skelly said Guinness rules allow a 10-minute break per hour during the marathon and prevent players from leaving the arena.

"We're going to suck it up, I don't care how much we're hurting," she said. "We need to remember why we're doing it. We're not going to walk away without finishing it."

Briggs said she doesn't know anybody with CF, but it didn't stop her from joining a worthwhile cause.

"Ten days is nothing compared to giving somebody five more years of life," she said.

The puck drops Friday and ends Sept. 5.

PHYLICIA TORREVILLAS/METRO

▶ Organizer Val Skelly, left, and participant Melanie Briggs will be playing hockey 242 hours straight starting Friday.

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For Jack, the Hill's last farewell

An outpouring of grief as Ottawa crowds mourn beloved NDP leader

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They came by the hundreds — all ages, shapes and colours.

Throngs of Canadians lined up on Parliament Hill yesterday to pay their respects to Jack Layton.

By late afternoon, more than 1,500 people had filed past the NDP leader's flag-draped coffin.

Hélène Lapointe, an NDP provincial executive member in Dieppe, N.B., was one of the first to arrive. Her voice trembled as she recalled her memories of Layton, who died of cancer Monday.

"He came to (a nomination) in Acadie Bathurst, N.B., started speaking French and said 'Thanks to Hélène, my French is much better.'"

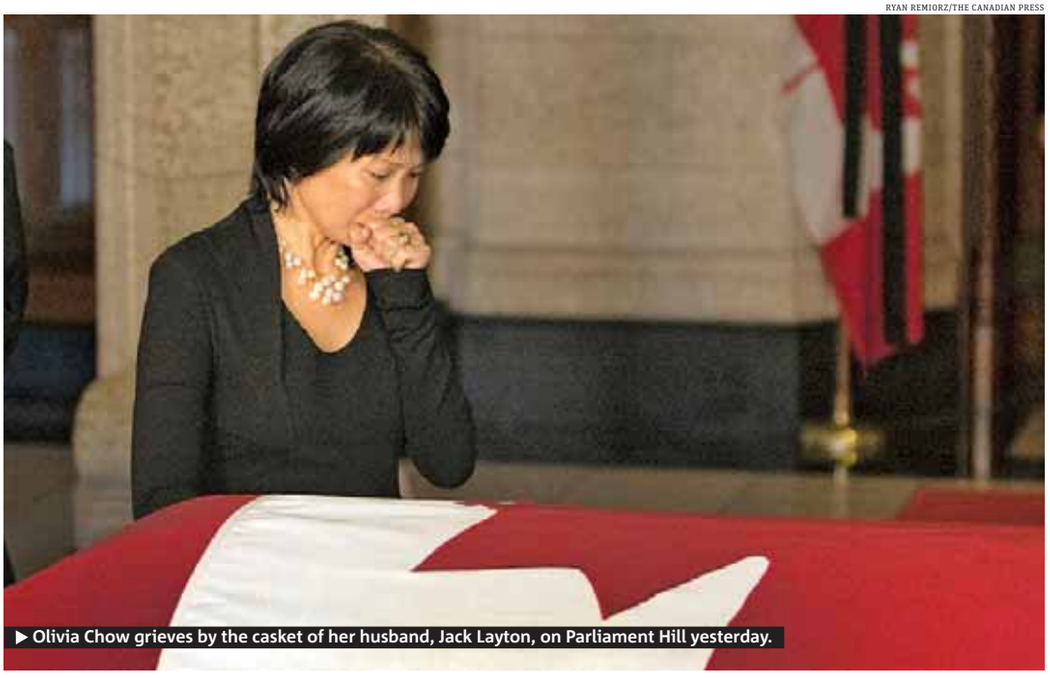
Lapointe had always stressed that MPs needed to be perfectly bilingual.

WITH FILES FROM THE CANADIAN PRESS

Tower's tribute

- Toronto's CN Tower will glow orange from sundown Saturday until sunrise Sunday in honour of Jack Layton.
- The tower will be lit with the colours of the NDP leader's party to coincide with his state funeral, a spokesperson said.
- The service is set to take place at 2 p.m. on Saturday at Toronto's Roy Thomson Hall.

RYAN REMIORZ/THE CANADIAN PRESS



▶ Olivia Chow grieves by the casket of her husband, Jack Layton, on Parliament Hill yesterday.

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Clashes punctuate search for Gadhafi

Rebels may be running out of weapons but cannot claim 'true' victory until longtime dictator is found

NATO campaign issued 46 air strikes on Tuesday

Scattered battles flared yesterday across the Libyan capital, with pro-regime snipers cutting off the road to Tripoli's airport while loyalist fighters launched repeated attacks on Moammar's Gadhafi's captured Bab al-Aziziya compound.

While opposition fighters claimed they had most of Tripoli under control, a defiant Gadhafi vowed from hiding that he would fight on "until victory or martyrdom."

Few civilians were willing to venture outside. The streets were scattered with debris, while rebels manned checkpoints.

But intense clashes broke out in the Abu Salim neighbourhood, which is thought to be one of the regime's final strongholds.

Gadhafi's foreign minister, Abdul Ati al-Obeidi, told British media that the dictator's rule "was over" and that safe passage out of Libya was now unlikely.

British Foreign Secretary William Hague said it was clear Gadhafi had lost control of most of Tripoli and called on him to "stop issuing delusional statements."

Rebel leaders made first moves to set up a new government in the capital. Rebel leader Mahmoud Jibril was to meet yesterday with French President Nicholas Sarkozy and British Prime Minister David Cameron.

THE ASSOCIATED PRESS

SERGEY PONOMAREV/THE ASSOCIATED PRESS

▶ Rebel fighters celebrate as they stand on top of the monument inside Moammar Gadhafi's compound in Tripoli yesterday. The rebels say they have now taken control of nearly all of the capital.

Reporters kidnapped in Libya

Italy's foreign ministry says four Italian journalists were kidnapped yesterday and their driver killed, apparently by Libyan regime loyalists, on a highway 50 kilometres west of Tripoli.

Two journalists were from the Milan daily Corriere della Sera, one from Turin's La Stampa and one from Avvenire, a national Catholic paper.

The Avvenire reporter called Milan saying the four Italians were OK.

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- Lansdowne Village

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- Orchard Park Shopping Centre

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Match made in hell

Woman sues Match.com after her date sexually assaults her Her mission is to protect other site users

A woman who sued Match.com after being sexually assaulted by a man she met on the dating website settled her lawsuit yesterday when she saw proof that the site was screening its members for sexual predators.

Carole Markin sued the website when she found out her attacker had been convicted of sexual battery. She did not seek monetary damages in her lawsuit, just a court order requiring the site to check its members' backgrounds to weed out convicted sex offenders.

"If I save one woman from being attacked, I'm happy," Markin said.

Robert Platt, an attorney for the site, said Match.com has begun checking its members against state and federal sex-offender databases.

Last week Alan Wurtzel, 67, pleaded no contest to assaulting Markin. He could face a year in jail, five years of probation and a lifetime registration as a sex offender when he is sentenced September 19.

THE ASSOCIATED PRESS

Thrill. Seeker

Swiss tightrope walker Freddy Nock poses before setting his fourth summit for the world record in Switzerland yesterday.

ARNO BALZARINI/THE ASSOCIATED PRESS

Tightrope walker sets high goals

Nock is setting his fourth summit for the world record on the carrying cable of the Corvatsch Cable Car in Switzerland yesterday. He is attempting to set a new world record by doing seven summits in Germany, Austria and Switzerland in seven days.

Pet-morgue program gives owners closure

Calgary is setting up a pet morgue where dogs and cats killed on the city's streets can be identified by their frantic owners.

Under the new program, the remains will be taken to an Animal Services Centre sand stored for 10 days while workers search for licence tags, readable microchips or tattoos that could identify the owner.

The centre will also have a website listing deceased pets and when they were found.Owners will be contacted and given a choice to have Animal Services cremate the remains or to arrange for a private cremation paid for by by the family.

THE CANADIAN PRESS

256

The total number of cats, 232, and dogs, 46, killed on city streets so far this year. Last year, the total was 529.

California transit board eyes cellphone policy

Leaders of the San Francisco Bay Area's transit agency say they may adopt a policy allowing police to turn off wireless communications on train platforms — but only in extreme public safety circumstances.

The board of the Bay Area Rapid Transit system held a special public meeting yesterday to discuss the issue.

BART ignited a global debate over free speech when it cut cellphone and wireless data service in San Francisco subway stations earlier this month to disrupt plans for a protest.

Dozens of people attended yesterday's meeting to speak against the wireless shut-off. Some called for the disbanding of BART police and the firing of its chief spokesman.

The board rejected those demands, and it didn't take any formal votes. But members say they expect to adopt a formal policy within a month.

THE CANADIAN PRESS

Jury sides with doctor who amputated man's penis

A Kentucky truck driver who was wheeled into surgery for a simple circumcision but awoke without part of his penis lost his multimillion-dollar lawsuit yesterday against the urologist who lopped off a cancer-riddled section of the organ.

A six-man, six-woman jury deliberated briefly before saying it didn't agree with 64-year-old Phillip Seaton and his wife, Deborah, that Dr. John Patterson had failed to exercise proper care. Seaton also sued because he said he hadn't consented to the amputation.

The doctor said he decided to amputate less than 2.5 centimetres of the penis after he found potentially deadly cancer during surgery in 2007. The rest of the penis was taken off later by another doctor.

Patterson testified that when he cut the foreskin, the tip of the penis had the appearance of rotten cauliflower, indicating cancer. A pathologist later testified that tests confirmed the diagnosis.

"What I saw was not a penis. What I saw was cancer," Patterson had testified.

His attorney said during the three-day trial in Shelby County Circuit Court that the doctor saved Seaton's life with his decisive action.

Seaton's attorney countered that Patterson should have sewn up his patient and consulted with the couple about such a life-altering surgery and his options to treat the cancer.

"He was mutilated," attorney Kevin George said during closing arguments.

Seaton and his wife of 35 years had been seeking nearly $16 million in damages for "loss of service, love and affection."

George said he planned to appeal on grounds that a doctor is allowed to change a consent for surgery only if there is a danger of imminent death.

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Quebec pitches partnership to Japan

Quebec is more than ready to meet Japan's metal needs, Premier Jean Charest said during a trade visit to the Asian country yesterday.

Charest will be in Japan for the rest of the week to meet with business leaders and politicians to try to persuade them to participate in the ambitious development of northern Quebec.

Japan has been frustrated by Chinese control over a number of so-called rare earth elements, metals used in high-tech and military applications, and is looking for a new source of supply.

Charest said Quebec is a perfect option.

"The Plan Nord (Charest's plan for northern Quebec) is coming on stream and we're telling the Japanese that Quebec is a natural partner."

Quebec has two projects associated with the rare earth elements, one in Strange Lake in Nunavik and the other in Temiscamingue. Investissement Quebec, the province's investment arm, has allocated $500 million to development projects.

"We're presenting ourselves as a partner that offers solutions to countries such as Japan, France and Germany," Charest said. "We're offering partnership opportunities in a world where demand for natural resources looks strong."

But selling the Plan Nord is not the only reason Charest is making the first visit to Japan by a Quebec premier since 1999.

He noted the financial turmoil in the United States has frustrated Asian investors and presents an opportunity to lure them to Canada.

"The branding of Canada's economy has never been so good," Charest said.

Japan is the eighth-largest export market for Quebec, with sales totalling $885 million in 2010. THE CANADIAN PRESS

Healthy. Option

▶ Burger King's new oatmeal item.

DAMIAN DOVARGANES/THE ASSOCIATED PRESS

Fast food gets a health kick

Burger King is adding oatmeal to its breakfast menu as the struggling fast-food chain tries to reinvent itself. The world's second-largest burger chain says the move balances out its menu to offer customers a healthier breakfast option.

Greece scraps secret fund

'Classified Expenditures' budget contains only $200K, but minister says it'll help bring down deficit

Greece said yesterday it was abolishing a secret fund used by the press ministry for decades, and is transferring the money into the regular state budget to help cut debt and bring transparency to its governance.

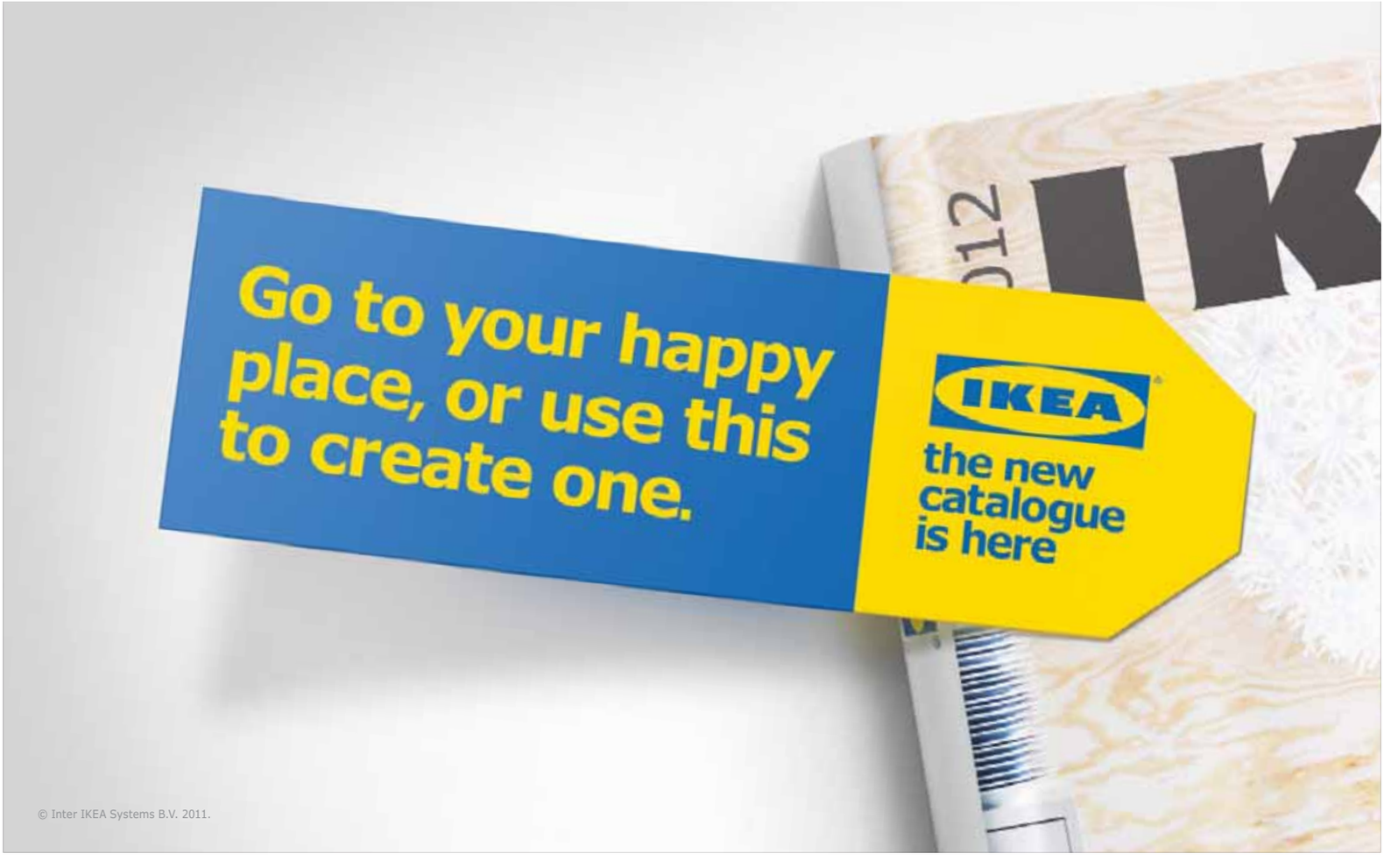
The fund had been operating under a law set up by Greece's military dictatorship in 1970, government spokesman Ilias Mosialos said in a statement announcing its abolition.

The move comes at a time when Greeks are being asked to pay ever-increasing taxes as the government struggles to bring its budget deficit under control.

Mosialos insisted Prime Minister George Papandreou's government, which was elected in October 2009, had not made use of the fund, which was earmarked for the General Secretariats of Communication and Information, for propaganda purposes.

Mosialos, who also holds a ministerial post, said that while the current government had not spent any money from the fund, it had been used as late as in 2009, before the October election. He could not, however, say definitively what the money had been used to pay for.

Greece has been in severe financial crisis since late 2009. THE ASSOCIATED PRESS



Storm. Scrubbers

▶ Darth Vader directs a legion of Stormtroopers — who arrived a day early for the 17th annual Fan Expo Canada — to kill some free time by giving free car washes in Toronto.

AARON VINCENT ELKAIM/THE CANADIAN PRESS

Star Wars soldiers storm Toronto

Stormtroopers scrubbed and shined vehicles for the public yesterday at the One-A-Minit Car Wash on Church Street in Toronto to promote Fan Expo, starting today and running until Aug. 28 at the Metro Toronto Convention Centre.

WestJet plans to keep Fido flying

- **Airline says hi-tech filter system keeps air fresh**
- **CMA recommends furry critters be kept in cargo**
- **Company says few allergy-related problems on flights**

WestJet Airlines says it's not interested in banning Fluffy and Fido from airplane cabins.

The Canadian Medical Association is suggesting furry friends should travel in the cargo section of airplanes because they may present serious risks for people with pet-related allergies.

But the Calgary-based discount carrier says passengers are kept apart if they alert the airline ahead of time that they have allergies.

They also ask that those who take journeys with pets let them know in advance as well.

To combat any potential issues, WestJet also says its planes are equipped with good air filters that efficiently eliminate allergens.

Another option the airline presents to passengers with allergies is the chance to be placed on a different flight — one with no dogs or cats on board.

WestJet says that, over the course of the past year and a half, it has only had a handful of allergy-related incidents reported on the thousands of flights the airline oversees on a daily basis.

Air Canada had implemented a policy between 2006 and 2009 banning pets from being stowed in the cabin, but later reversed it.

The head of the Alberta Medical Association is throwing his support behind the idea of a ban.

Dr. Patrick White points out that it's pretty hard to get air travellers to a hospital quickly if they have a serious allergic reaction.

THE CANADIAN PRESS

Apple CEO leaves post

Steve Jobs, the mind behind the iPhone, iPad and other devices that turned Apple Inc. into one of the world's most powerful companies, resigned as the company's CEO yesterday, saying he can no longer handle the job.

The move appears to be the result of an unspecified medical condition for which he took an indefinite leave from his post in January.

Apple's chief operating officer, Tim Cook, has been named CEO.

PAUL SAKUMA/THE ASSOCIATED PRESS

▶ Steve Jobs

In a letter addressed to Apple's board and the "Apple community," Jobs said he "always said if there ever came a day when I could no longer meet my duties and expectations as Apple's CEO, I would be the first to let you know. Unfortunately, that day has come."

Apple said Jobs was elected board chairman and Cook is becoming a member of its board.

The company said Jobs gave the board his resignation yesterday and suggested Cook be named the company's new leader.

The January leave was Jobs' third medical leave over several years.

Jobs' health has long concerned Apple investors as he is viewed as an oracle who knows what consumers want even before they do.

He had previously survived pancreatic cancer and received a liver transplant.

THE ASSOCIATED PRESS

Market moment

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A PLEA TO STOP A CYCLE OF ABUSE

HE SAYS ...

JOHN MAZEROLLE
METRO

Now that I've been a cyclist for a few months, I know the group of people on Earth I hate most are other cyclists.

My disdain for my two-wheeled counterparts falls somewhere between Libyans' hatred of Gadhafi and New Democrats' hatred of Christie Blatchford (a tight squeeze, I know). But it's true: You can all bike at full speed under bridges with four-foot clearances, for all I care.

The only positive thing I can say about the lot of you is "Thanks for making me feel unique." Because I am apparently the only Canadian cyclist who follows the rules of the road.

I stop at stop lights (gasp). I signal my turns (shock). I do not assume "shared trail" means "cycles moving at 40 km/h and human speed bumps leaping out of the way."

The other day I approached a crosswalk with a person in it. The wheel-shocked pedestrian, accustomed to years of (the cycle of) abuse, went into full duck-and-cover mode, like a Brit during the Blitz. When she looked up from her huddle to realize I had stopped, she looked baffled, then sheepishly said, "Sorry!" as she passed in front of me.

"I'm not asking for puritanical devotion to the rules: I'd just like more cyclists to stop riding like they're in a Farrelly Brothers movie called Blind Cyclist, where our hero ends up covered in newspapers and dead birds as he plows through crowds of people, a strip club and a perfect wedding."

I yelled after her: "DON'T APOLOGIZE! YOU HAD THE RIGHT OF WAY!"

You know you've become a cyclist-hating cyclist when you start yelling positive things at pedestrians.

Conversely, rarely a ride goes by without me yelling something slightly less positive at another cyclist — usually something like, "THE LIGHT IS RED, YOU [profanity] DOG [obscenity] EATING [vulgarity]!"

Then I spend the rest of the trip cycling slow so I don't catch up with that guy.

I'm not asking for puritanical devotion to the rules: I'd just like more cyclists to stop riding like they're in a Farrelly Brothers movie called Blind Cyclist, where our hero ends up covered in newspapers and dead birds as he plows through crowds of people, a strip club and a perfect wedding.

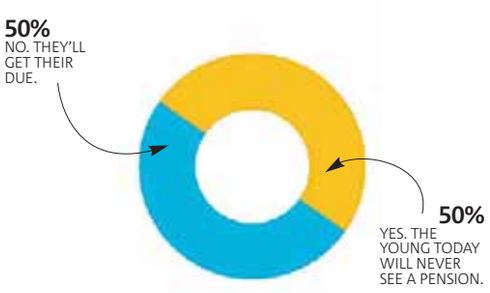
We live in a society where anything that slows cars down, including ambulances and inertia, is deemed part of the "War on the Car." Bikes are No. 1 on the list of irrational targets. When I argue back to motorists, I'd like to have some moral high ground.

So, please, let's stop the cycle of abuse together. And if any cyclists don't understand where I'm coming from, I'd recommend wearing your helmet at all times. You probably need it.

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

Are pensions pyramid schemes foisted on the young?



Local tweets

- **@LibbyDavies:** Coming up to Parl Hill it is amazing to see so many flowers & people here already to see #jack and official ceremony
- **@danadanap:** Lucky to be among the 6% of Canadians who walk to work! Love my commute across cambie bridge... when it's sunny that is! #Vancouver #commute
- **@redcat01:** The exodus has begun. MLAs are taking Christy Clark's Family First agenda seriously - resigning to spend time with families.
- **@JamieForrest:** Hahn, What about cutting your $800,000 salary to help manage deficit: BC Ferries to cut sailing on major routes
- **@kelseylynxo:** BC ferries are soo over priced, urg.
- **@TeriMooring:** #BCFerries will cut more than 400 sailings due to deficit. Yet Hahn's will still collect his exorbitant salary? #bcpoli
- **@melaniet_h:** Word is I almost had the opportunity to glimpse Matt Damon today. Had I been in Vancouver. Doing the Grouse Grind. In the rain.

Letters

JACK LAYTON. Jack Layton was a tireless and down to earth champion for social justice, homelessness, equality and personal liberty.

His tenacity and energy has never been seen before in Canadian politics for which he will be sorely missed.

Although we can never replace Jack Layton, all progressive politicians can honour his vision, by continuing his call to action for love, hope and optimism.

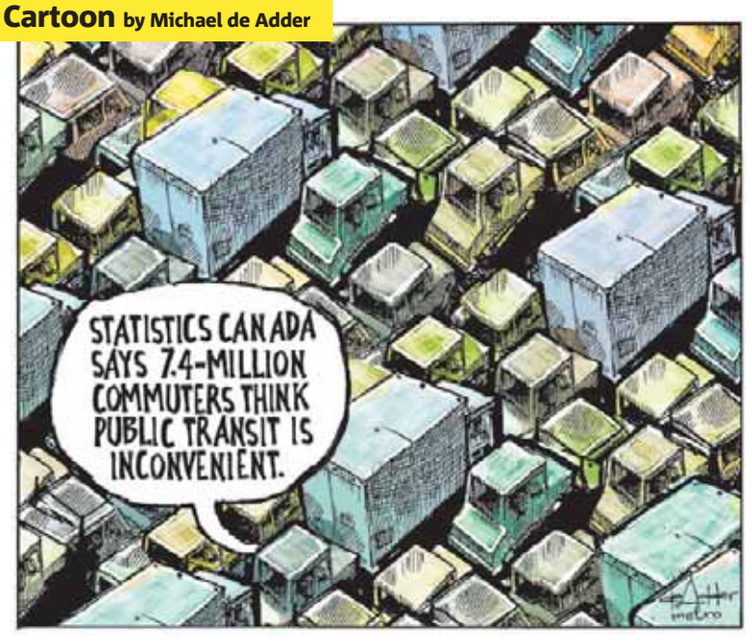
Furthermore Jack Layton has brought a voice to hundreds of thousands of British Columbians, worked tirelessly on the files of homelessness, public transit, seniors and combating poverty.

To honour Jack's contributions to our country and this province, I would like to propose a non-partisan renaming of the new Port Mann bridge to The Jack Layton Memorial Bridge. I urge all British Columbians to write their MLAs and the premier to recommend this lasting tribute and memorial.

Thank you for your dedicated public service Jack, rest in peace.

JARED EVANS
VANCOUVER

Cartoon by Michael de Adder



WEIRD NEWS

Inmate's protest takes flight

An inmate trying to get attention for his case paid a pilot to fly a banner over a New York City jail complex.

The New York Post says Vadim Vassilenko rented the Cessna 172 Skyhawk on Tuesday.

The 30-metre banner read: "V. Vassilenko jailed 5+ yrs. — no trial — is this legal?"

He's been at the Manhattan Detention Complex since 2007 on charges of selling stolen credit card numbers as part of an international cyber-crime ring.

The plane rents for $1,250 US for two hours, and the pilot says Vassilenko had someone on the outside wire him the money.

Vassilenko faces deportation after his case is adjudicated.

His immigration lawyer, Merrill Cohen, says his client wants to be with his family in Ukraine.

THE CANADIAN PRESS

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2 scene

News in brief

Ben Stiller is being honoured for his comedic contributions by the British Academy of Film and Television. The group's Los Angeles branch says Stiller will receive the Charlie Chaplin Britannia Award for Excellence in Comedy.
THE ASSOCIATED PRESS

Yearbook photos of Lady Gaga, Ryan Reynolds, Bradley Cooper, other stars published online.

End of summer near, but Fair at PNE is here

Rides, games, concerts and food: There's plenty to experience at the annual Fair

BACKSTAGE PASS

GRAEME MCRANOR
METRO VANCOUVER

Yes, summer — or whatever that was we just had a glimpse of — may be winding down, but the annual Fair's 101st installment is in full swing.

So step right up ladies, gentlemen and kids of all ages — the smallest of the small to the tallest of the tall.

Oh, and children under 13 are admitted free this year (though they'll still need a pass for the rides).

Here are the highlights, in a deep-fried nutshell.

CONTRIBUTED

▶ A nice way to end your summer.

RIDE ON:
More than 55 rides, including the new Atmosfear, which would be a pretty good rapper name.

For me, it's still all about the old wooden rollercoaster.

And by "all about" I mean I haven't gone on it since the summer of 1987. (Shout out to my Notre Dame homies: Grad '88 rules!)

ATTRACTIONS & GAMES:
Haunted Mansion, a Climbing Wall — plus lots of midway games to choose from.

Let's be honest: it's all fun and games, but you'd be better off just buying that giant stuffed alligator from Toys "R" Us.

That way your kid doesn't have to feel shame while you sacrifice your wallet to the Wac-a-Mole gods. I offer this friendly advice from experience.

LIVE SHOWS:
Included with gate admission. Superdogs, Peking Acrobats, the PNE Star Showdown, Taptastic, Evolution of Extreme, and more. Do not eat the Superdogs (see Crazy Dogs, below).

Janet

Miss Jackson if you're nasty ...

▶ Wow, that's an old reference. But, in my defence, that's the last time I was paying attention to anything Janet Jackson was doing. Still, she'll be performing her Number Ones Up Close and Personal at the Q.E. Theatre tomorrow night. Tickets $65 to $199 at LiveNation.com

SUMMER NIGHT CONCERTS:
On the bill this year, Air Supply, Kim Mitchell, Kenny Rogers, the Annual Evening with Elvis, Hall & Oates, and more.

Also on tap: sentimentalism and one painful musical reminder after another that Jenny J. went to prom with your best friend.

FOOD:
Hard to endorse deep-fried Oreos, mini-doughnuts and something called Piggy in a Poncho.

Luckily, there's plenty of other stuff to satisfy your cravings. Like the Crazy Dog. Ah, what the hell, go nuts!

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Networks will run 9-11 shows

As the 10th anniversary of the Sept. 11 attacks near, television news channels preparing to air their specials

Television viewers who want to immerse themselves in memories of the Sept. 11 terrorist attacks as the 10th anniversary approaches will have a staggering number of choices, and on the day itself, broadcast and cable news networks will all have their top talent on hand for special coverage.

There will be dozens of specials covering the events from every conceivable angle. Many are from networks that either didn't exist back in 2001, didn't have the capacity to cover the tragedy live or weren't aggressively making as much original programming.

Chances are that the 10th will end up being the biggest anniversary in terms of media attention: 9/11 is still relatively fresh in the minds of those who experienced it, yet time has also offered more perspective.

"It was a transformative event," said Mark Burstein, executive producer of special events coverage for ABC News. "This was an event that everyone who was over the age of 10 remembers where they were on this day."

Diane Sawyer and George Stephanopoulos will anchor ABC's special the morning of Sept. 11, with coverage of the memorial mixed in with other reports. Brian Williams will anchor NBC's coverage, simulcast on MSNBC, which will also feature Tom Brokaw, who anchored for NBC a decade ago. Scott Pelley is on hand for CBS. Shepard Smith of Fox News Channel is the main anchor who led his network's coverage 10 years ago and will be back in the same role.

Anderson Cooper and Candy Crowley will be at ground zero for CNN, in a telecast that will be shown all over the world.

THE ASSOCIATED PRESS

9/11

When is the coverage too much?

Television In the days after the attacks, ABC, on the advice of a prominent child psychologist, ordered it news division to strictly curtail reruns of the more disturbing images: the second plane crashing in to the World Trade Center and the collapse of the towers. The concern was that children couldn't process that they were reruns, and might think the tragedy was happening again elsewhere. Other news divisions largely followed suit. Because of that judicious usage, people have not become desensitized to the pictures from that awful day, says Jay Wallace, Fox News Channel vice-president of news.

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PATRICK SISON/THE ASSOCIATED PRESS

▶ Plumes of smoke rise from the World Trade Center buildings in New York. The Empire State building is seen in the foreground.

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60 seconds

▶ Eve Myles, left, John Barrowman, Alexa Havins and Mekhi Pfifer are the cast of Torchwood: Miracle Day.

EXPLORING IMMORTALITY

"I THINK THAT SPEAKS TO THE WAY OF THE WORLD"

Torchwood: Miracle Day asks the question: What happens if no one dies? The latest installment of the cult British sci-fi series Miracle Day sparks a fascinating, philosophical conversation about overpopulation, dwindling resources, and the conflict such dire predicaments would cause. Mekhi Phifer plays a CIA agent helping members of Torchwood — a secret British organization that investigates the extraterrestrial — uncover the mystery behind the day humans became immortal.

Your character, agent Rex Matheson, got into an accident and should have died; thanks to Miracle Day, he's still alive. What's going on inside the mind of a dead man walking?

Rex is the kind of guy that when faced with a challenge he wants to conquer that challenge. The challenge is "I should be dead," so that means the way he has thought about life up til now is wrong — and that is a challenge in itself. He's thinking, "I want to make sure that we help the world, but listen — in figuring out this miracle, will I be a victim? Will (there be a point when) I just pass out and die?"

His black-and-white moral compass is definitely being tested. And it often puts him in conflict with members of Torchwood.

You see a conflict between the Americans and the guys from the U.K. We obviously started out not liking each other, and then we got thrown into this world where we have to work together, realizing that we have more in common than in differences. I think that speaks to the way of the world today. **AMBER RAY**

Get ready for the apocalypse

Don't wait, warns the star of Livin' for the Apocalypse ◐ Here's how you can be ready for the end of the world ◐ First step, grow an awesome beard

HEIDI PATALANO
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

HANDOUT

▶ Dr. Stirling Silverman stars in the upcoming TLC special Livin' for the Apocalypse.

Financial collapse in the U.S., and now an earthquake? Not surprisingly, a growing sector of the population feels that, yes, the apocalypse is well on the way and they're taking every precaution to be ready. Take for example, survivalist Dr. Stirling Silverman (he will not give us his real name for security reasons) who is featured in TLC's upcoming special, Livin' for the Apocalypse.

Since the late 1980's and in an undisclosed location in Missouri, Silverman has been stockpiling food, water, weaponry, silver — you name it — in the event of government or environmental failure.

"In the late '80s … I became aware that the government was just not going to be prepared for social security because they were spending the money that we were paying in," he says.

"Of course, anybody who can do the math understands that the baby boomer (generation) is a large group of people … (today) you're going to have less people paying into the system and then you're going to have all these baby boomers that are expecting to get their retirement money from social security. I think it's criminally negligent that our politicians did not foresee this thing coming."

Expecting the possibilities of "social unrest, economic collapse and hyper-inflation," Silverman began collecting silver, which may be handy to have if the dollar collapses completely.

Think that sounds extreme?

Consider the reasons why you're reading this article right now, or why a show called Livin' for the Apocalypse was made in the first place.

"I think just about everybody out there senses that we're on the verge of something really bad and a lot of people don't understand what it is," says Silverman.

What to stock

Dr. Stirling Silverman's tips for apocalypse

- **Water** "Have some bottled water or larger containers of water in storage and also water filters."
- **Food** "You should have at least enough at home to last — depending on what your philosophy is — a few weeks."

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Threats no joke

FBI investigate threatening letter sent to Ferguson

FILE PHOTO/THE ASSOCIATED PRESS

▶ Craig Ferguson

Craig Ferguson managed to crack a few jokes on his talk show Tuesday after receiving an envelope packed with white powder that turned out to be harmless.

"Today someone sent an envelope packed with white powder to the show. I offered to test it, but they said 'no,'" Ferguson quipped during a studio taping of The Late Late Show.

The taping went on as scheduled after the show received a threatening letter sent to Ferguson. Police Det. Gus Villanueva declined to discuss the nature of the threat against the talk show host, saying only that the FBI was investigating.

THE ASSOCIATED PRESS

Scarface says hello to Blu-ray

Pacino and co-stars celebrate the legacy of an unlikely hit **New DVD to be released Sept. 6**

MATT SAYLES/THE ASSOCIATED PRESS

▶ Al Pacino's role as Tony Montana in Scarface is one of his most memorable.

Al Pacino says he got burned while making Scarface.

Literally, he grabbed the hot barrel of a gun that had just shot 30 rounds during one of Tony Montana's violent scenes.

"My hand stuck to that sucker," the 71-year-old actor recalled. He couldn't work for two weeks.

Pacino relayed the experience during a discussion with Scarface co-stars Steven Bauer, Robert Loggia and F. Murray Abraham and producer Martin Bregman at a party Tuesday heralding the film's Blu-ray release.

Part of the charm of the film, Pacino said, is that it wasn't initially a hit.

"It's one of my favourites because of its whole evolution," he said. "It (was) sort of eviscerated after it opened by the press. ... Nobody was fond of it, except it had good audience participation."

He said "it's almost a miracle" audiences continue to discover and appreciate the film.

He wanted to make it after being inspired by Paul Muni's performance in the 1932 original. Sidney Lumet suggested he make the main character Cuban instead of Italian.

Pacino's Scarface is set in 1980s Miami, and Tony Montana is an ambitious immigrant who runs a growing drug empire until he eventually collapses under greed and addiction. Pacino's performance as the gun-wielding, coke-snorting Montana is among his most memorable.

He said that during the nine months he was shooting the film, his character practically inhabited him. When a friend's yappy little dog lunged at him, Pacino said he cocked back his fist instinctively, as if threatening a punch.

"So I love Tony Montana, man, because I couldn't do that!" Pacino said Tuesday.

Bregman called Scarface a "perfect, perfect movie."

Its timeless themes of greed, desire and ambition would make it controversial even if it were just released today, Pacino said.

The Blu-ray will be released Sept. 6.

THE ASSOCIATED PRESS

Fonda talks sex

New book dishes on the deed in the twilight years

Jane Fonda's new book features several chapters devoted to encouraging sexuality in old age, a topic she knows is uncomfortable for many people.

Young people, that is.

"It's young people that have the hang-up," the 73-year-old icon said while chatting at a chic Toronto hotel this week.

"I think as the population ages in general, the taboo around sex at an older age will be lessened. Because after all, baby boomers think they invented sex, you know? Their knees and hips will go before their sex (drive) will.

"So I think it's going to become a much easier topic to talk about and I just happen to be a pioneer in it right now."

Of course, sex is only one part of the equation in Prime Time, a book that Fonda hopes will inspire readers — young and old — to make the most of their later years. The book covers love, fitness, food, meditation and self-analysis. Fonda spent four years writing it and savoured the extensive research process.

"It's very unusual that a book like this goes into sexuality with the detail that I go into," she points out.

"We're living 34 years longer than our great grandparents did. That's an entire second adult lifetime. Why should we pack it in in any way when you have all that time?"

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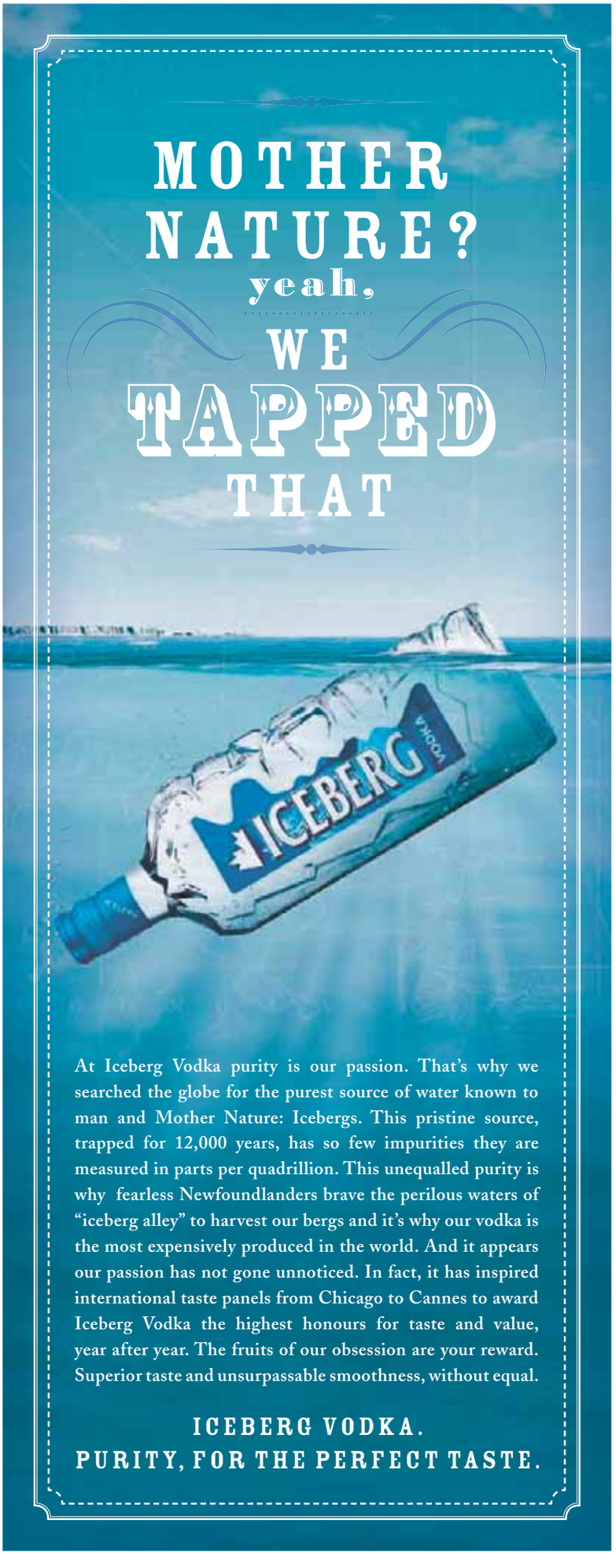
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PURITY, FOR THE PERFECT TASTE.

Smith, Pinkett deny marriage on the rocks

Couple says they are not separating, despite reports of trouble in their relationship Source says there are 'significant problems' in marriage

Will Smith and Jada Pinkett were quick to respond to reports that they are separating.

"Although we are reluctant to respond to these types of press reports, the rumors circulating about our relationship are completely false.

"We are still together, and our marriage is intact," the couple said in a statement to E! News.

But a source tells TMZ that while the couple hasn't made the decision to separate, there are "significant problems in their marriage" that they are trying to work out, and that separation is still "definitely a possibility."

METRO

"The rumours circulating about our relationship are completely false."
WILL SMITH AND JADA PINKETT

ALL PHOTOS/GETTY IMAGES

▶ Will Smith and Jada Pinkett say rumours about them separating are not true.

▶ Sarah Jessica Parker

SJP's son eyes acting career

Sarah Jessica Parker admits that James Wilkie, her eight-year-old son with husband Matthew Broderick, is itching to get into the family business and become an actor.

"I don't want him to do it until after he goes to college," she tells Parade magazine.

"But part of me thinks maybe it's better if he knows the truth now about how hard it is to be a working actor.

"I don't know if he grasps what it took to get us here."

METRO

Celebrity tweets

@joelmchale
"I found myself humming My Heart Will Go On today. What the hell happened to me?"

@PSchwarzenegger
"Totally forgot how good guitar hero is. Haven't played in years but I used to kill it on expert."

@zachbraff
"So much going on in the world. The 6 most popular stories on the Huffington Post are about Kim Kardashian. Color me confused."

@SetMacFarlane
"Disneyland may be the happiest place on earth, but it's also the most motorized wheelchariest place on earth."

Carey to guest judge on X-Factor

It looks like Mariah Carey will be a part of the U.S. edition of the X-Factor after all, but she won't be sitting behind the judges' table.

"Mariah is definitely confirmed to be a part of X Factor," a source says, explaining that Carey will be a guest of a judge instead of a judge herself.

METRO

▶ Mariah Carey

Jones isn't a model TV mom

While January Jones is getting ready to be a mother in real life, she isn't getting high marks as a TV mom. Jared Gilmore, who played her son on the last season of Mad Men, told TV Guide magazine that his successor should "be careful around January. She's not as approachable as the others. She's really serious about what she does."

METRO

▶ January Jones

Fox ditches Monroe's 'bad energy'

Megan Fox says she's removing the massive portrait of Marilyn Monroe tattooed on her forearm because it caused "negative energy," according to Hollyscoop.

"It's a negative character, as she suffered from personality disorders and was bipolar," Fox explains.

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3 life

Men's pick

Liz Earle Hand Repair

Chaps, we're aiming this one at you because women don't need to be preached at about the virtues of soft hands. Liz Earle's echinacea, vitamin E and beta-carotene-infused cream is a handy (sorry) product.

RICHARD PECKETT

LIZ EARLE

$20, lizearle.com

Material Girl model Kelly Osbourne heading north

FALL TRENDS FOR LESS

TAILORING

Topman black textured skinny suit, $250, topman.com

COLOUR POP

H&M chinos, $50, hm.com

CONTRAST/HYBRID

Ksubi classic denim jacket, $327, asos.com

Runway trends for the real world

RICHARD PECKETT
LIFE@METRONEWS.CA
METRO WORLD NEWS

Don't be a fashion victim as you wade your way through the ever deepening pool of trends Refer to this breakdown of the best new ideas worth buying into for fall

GETTY

Dolce & Gabbana

GETTY

Burberry

GETTY

Louis Vuitton

TAILORING

SKINNY, SLOUCHY, BAGGY AND BOXY – THERE'S A CUT FOR EVERY TASTE

Dolce & Gabbana and Giorgio Armani among others beat the stuffiness out of tailoring with the zeal of teenage rioters. Every cut, twist and pattern was on show from '40s to noughties. The one downside of choice is that you can end up getting it very wrong. So think about your shape before you go all '70s Gucci on your look.

COLOUR

MIX UP THE MONOCHROME WITH A COLOUR POP

Just when you thought the catch phrase "colour pop" had lost its fizz, it returns in blinding technicolour. Jil Sander, Hermès and Burberry rolled with everything from lurid brights to retro oranges on styles from knitwear to outer-wear. Get it right, and a punch of colour can really ramp up the feistiness.

HYBRID

SOUPED-UP CLASSICS

We're talking pimped out clothing here. Dries Van Noten gave classic jackets fur lapels and Louis Vuitton worked quilting into formal coats. Yes, it's ostentatious, but that gives your look a distinguished edge. The pitfalls come when you go over the top like the lads who go overkill on the alloys while revamping their car – it can look frightfully cheap.

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VOLUME BOOSTERS

The Pantene Fine Flat to Volume collection is formulated with polymers that give fine hair body and hold without weighing it down, leaving hair feeling natural and not stiff or sticky.

"I want to let women with fine hair know that achieving beautiful, voluminous hair is possible without damaging your hair or adding extensions"

– NAOMI WATTS

FLAT TO VOLUME SHAMPOO

Gently helps remove dulling residue and rinses clean leaving zero heavy buildup and 100 percent body. Micro-boosters add rigidity and firmness to prepare fine hair's structure to achieve voluminous styles.

FLAT TO VOLUME CONDITIONER

Replenishes hair to leave it smooth, soft and manageable, and strengthens against damage and breakage for healthy-looking shine.

ROOT LIFTER SPRAY GEL

Delivers shine and long-lasting lift from the root, with a flexible polymer that forms around the hair fibre to help protect against styling damage and provide maximize hold.

LASTING VOLUME HAIRSPRAY

This spray, with strong-hold polymers, lifts fine hair's structure, to hold voluminous styles and help prevent fly-aways.

SHE'S SO FINE

Even celebs have hair challenges – one of the most difficult problems when you have fine hair like Naomi is trying to give it long-lasting body, shine and hold. "One of the biggest styling problems facing women with fine hair is that style doesn't hold," says Danilo, Pantene Professional Stylist. That's because fine hair has up to 50 per cent less protein than thick hair, leaving it limp and weak.

"Women need to embrace their fine hair and find simple ways to create mass and volume that enables them to create trendy styles," Danilo says.

Using products that are specially formulated to deliver shine and long-lasting volume is the best way to reinforce the structure of fine hair for a full, healthy look and lasting results.

"Mousse is a quick and easy way to provide great volume and hold that lasts. The Pantene Pro-V Triple Action Volume Mousse lifts the hair at the roots while locking style in place."

– Danilo, Pantene Professional Stylist

From musical to la mode

Ashley Tisdale is singing in the key of style as the face of Wal-Mart Canada's latest fashion line

ELIZABETH BEDDALL
LIFE@METRONEWS.CA

She's a singer, song-writer, executive producer and actress, and now Ashley Tisdale, best known for her former role as the antagonist of Disney's High School Musical, has planted a firm foot in the fashion industry. Metro sat down with the busy 26-year-old to chat about her newest role as the face of this fall's Hollywood Era fashion collection for Wal-Mart Canada.

Ashley Tisdale

Why did you feel this collaboration would be a good fit for you? When I saw the clothing line and I was really excited. I think Hollywood Era definitely has a sense of my fashion style. I'm super excited that my fans will be able to wear stuff that relates to my fashion sense.

How would you describe the Hollywood Era line? I would call it chic, but I also think this is everyday wear. You can wear it to work, school or even if you just want to go out with your friends you can dress it up. You can really play around with all the items.

Seeing as though this collection is available at Wal-Mart Canada, tell us how you feel about your northern neighbours?

Hollywood Era Face Paint Top $16

I love Canadians! I just think that everybody is really nice. This is a funny story but I had lost my wallet in Vancouver. It had everything in it — license, credit cards, money. I was freaking out and two months later in the mail, at my house in L.A., my mom received my wallet with everything in there. That would not have happened in L.A., just so you know. That Balenciaga wallet would have been gone.

So you've now made a mark on the fashion industry. Are you planning on sticking around? Maybe. I've always loved fashion. I'll always be a part of the fashion world just because I've always loved clothes. I'm not sure about doing my own clothing line yet, maybe in the future. I have a production company, and so many things going on and I like to give 100 per cent to each thing so I think it would definitely be a big undertaking for me.

Is there a piece out of this collection that stands out as a favourite? I really like the shirt with the faces on it. I think it's really cute, very form-fitting, looks great with leggings, which I'm a big fan of.

What kind of girl is going to love this line? A girl that loves fashion … to dress up and likes to have fun with her clothes. All these items you can play around with and mix and match so just someone who likes to have fun with fashion.

Who runs the world?

THE KIT

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Fall trends easy to live with

Transitional neutrals with a pop of colour are key decorating trends for autumn

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

There's good news about the fall 2011 trends — they are easy to incorporate into your existing decor. Warm grey tones help to cool down all the golden taupe colours while trendy brights add new life to colourless spaces.

Want a deal?

I am thrilled to have curated today's collection of trend-inspired home products with HomeSav.

Check out homesav.com: Each item in the collection will be available to buy at up to 80 per cent off the regular retail price. The sales start today!

New neutrals: You may have already heard that grey is on the A-list with decorators and designers as a new neutral colour.

We've seen the popularity of grey in the fashion world for sometime so it's natural that it would make its way into the home. Adding grey to your existing colour scheme will help cool down the overall look of a room, which is key this season for the neutrals. All versions of grey (and all tones from light to dark) are trendy.

HOMESAV.COM

▶ A classic styled sofa in modern grey fabric.

I stay away from the steel-blue grey tones as they remind me too much of the greys that were popular in the 1980s.

The new grey is warmer — think flannel grey suiting, putty or smoke as ways to describe this new neutral.

Found treasures: Mixing found-looking objects into a space is often the best way to add personality to a room.

If your usual style is modern, try adding a traditional rug, pillow, piece of art or a corner chair to break up the modern feel and create an unexpected surprise.

My preferred pieces would be: hand-blown glassware, upholstered furniture that is button-tufted or anything with letters or numbers motifs.

Old subway signs are other ideas.

HOMESAV.COM

▶ Vintage acrylic furniture is back in style. Side chairs are great for dining, in a foyer or in a bedroom corner.

Pop of colour: For the past 10 years, popular decor colours have taken from the muted shades like wedgewood blue, sage green and cranberry.

The perfect complement to all the new grey neutral tones are a few shocking 'wake me up' colours.

My favourite one is citron yellow. Wherever you may have used green or gallery white you can use yellow.

Another great choice is mulberry — a purple tone with a touch of pink and a splash of blue in it. It looks great with espresso brown wood furniture and deep grey painted walls.

HOMESAV.COM

▶ Pops of colour are easy with accessories like pillows and throws.

Mix and match: The overall look this fall is one of collection — mixing and matching styles together while using colour as a common denominator.

A square 1960s inspired side table beside a traditional sofa with a modern painting hung above — it's all about getting a mix of styles to give a room personality.

When I find an interesting lamp, chair or table it must have one criteria; "does this look like it has history or story to it?"

Another trend to consider is mixing textures. The slub of linen on a sofa, the plush of velvet on an ottoman or the smoothness of silk woven into a rug are great ways shake up a room and appeal to the senses.

HOMESAV.COM

▶ Go for grey with pops of yellow and mulberry.

▶ Who doesn't love a dip in a nice clean Jacuzzi?

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Dear Charles,
Can you suggest how to disinfect a jacuzzi? We cannot use bleach as we have a septic tank.
Thank you!

Hello,

I have researched this and spoken with several experts who all ask why the jacuzzi is connected to your septic system to begin with.

Just like a pool, it is traditionally drained onto the grass or street. Any natural cleaner like vinegar or commercial chemical will do harm to your septic system in large quantity.

I would suggest cleaning the jacuzzi but not draining it into the septic system. **GOT A QUESTION? EMAIL ASKCHARLESTHEBUTLER@METRONEWS.CA**

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Southern Comfort

Want guilt-free ribs? It's possible with a few simple alterations

Who can resist good barbecued ribs? They are the ultimate comfort food.

But eat enough ribs, and you won't be able to see your own. The calories on a typical plate of barbecue ribs can surge to more than 900 calories, and more fat grams than can be counted.

To combat the fat, these are made in the oven with baby back ribs, which are the leanest cut of pork ribs because they come from the back not the belly.

Preparation:

1. Heat oven to 220 C (425 F). Set a 60-cm (24-inch) sheet of heavy foil on a rimmed baking sheet.
2. Season ribs generously with salt and pepper.
3. In a large bowl, combine sweet and smoky rub, liquid smoke, ketchup, balsamic vinegar, onion and garlic. Add ribs to bowl and toss to coat completely. Transfer ribs and marinade to foil, then top it with rosemary stalks. Place another sheet of foil over meat. Fold up edges of bottom sheet of foil and crimp together with top sheet to make a tightly sealed package.
4. Place ribs in oven and bake for 30 minutes. Reduce heat to 140 C (275 F) and bake until tender, about 45 minutes to 1 hour. Spoon some of the sauce from the foil packet over ribs to serve.

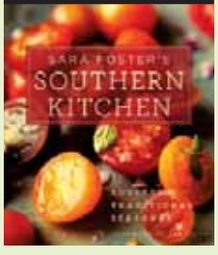
THE ASSOCIATED PRESS/ ROCCO DISPIRITO

Ingredients:

- 1 rack baby back ribs (12 ribs), about 1 kg (2 lb) total, trimmed of all visible fat, cut into 4 equal pieces
- Salt and black pepper
- 15 ml (1 tbsp) sweet and smoky rub (such as McCormick)
- 22 ml (1 1/2 tbsp) liquid smoke (such as Stubb's)
- 250 ml (1 cup) reduced-sugar ketchup
- 30 ml (2 tbsp) balsamic vinegar
- 1 large Spanish onion, chopped
- 12 cloves garlic, roughly chopped
- 2 stalks rosemary (about 15 cm/6 inches each)

MATTHEW MEAD/ THE ASSOCIATED PRESS

Weekly Cookbook



Sara Foster's love for Southern fare began in her grandma's kitchen. Now, the author offers nearly 200 contemporary interpretations of classic dishes in her book Sara Foster's Southern Kitchen: Soulful, Traditional, Seasonal (Random House, 2011).

The book is divided into sections that include Hearty Breakfasts, Birds, Grits and Rice, and more.

It includes recipes for Shrimp Jambalaya, Granny Foster's Sunday Fried Chicken, Roasted Tomato Grits with Country Ham and Cracklings, Red Beans and Rice with Andouille Sausage, and Molasses-Bourbon Pecan Pie, among others.

Grilled Rosemary Catfish

Got five minutes? This simple, healthy dinner takes very little time and is big on citrus taste. It pairs perfectly with white rice or potatoes.

Canadian grocery stores are now selling more sustainable fish such as catfish at their fresh fish counters.

Catfish is recommended by the Monterey Bay Aquarium as an environmentally wise fish selection.

Preparation:

1. In a shallow dish, place catfish and squeeze 1/2 fresh lemon over each fillet. Sprinkle with salt and freshly ground pepper. Let sit for 5 minutes.
2. Citrus Sauce: In a small saucepan set over medium heat, combine all sauce ingredients. Bring to a boil, then reduce heat and simmer for 5 minutes. Set aside.
3. Grill fillets on preheated grill until fish flakes easily with a fork, 4 to 5 minutes per side. Transfer catfish to a serving plate and spoon warm Citrus Sauce over fillets.

THE CANADIAN PRESS/ U.S. RAISED CATFISH

Ingredients:

Grilled Rosemary Catfish

- 15 ml (1 tbsp) oil, for grill
- 4 farm-raised catfish fillets, 175 to 250 g (6 to 8 oz) each
- 1/2 fresh lemon, per fillet
- Salt and pepper, to taste

Citrus Sauce

- Juice and zest of 1 lime
- Zest of 1 lemon and 1 orange
- 175 ml (3/4 cup) pineapple juice
- 125 ml (1/2 cup) brown sugar
- 15 ml (1 tbsp) chopped fresh rosemary
- 1 ml (1/4 tsp) salt

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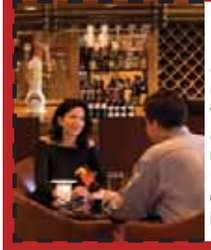

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BACK TO SCHOOL

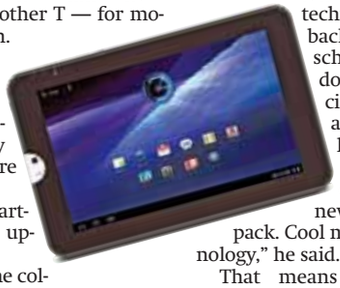
ISTOCKPHOTO/THINKSTOCK

▶ Students from elementary school to the university and college set all have their eyes (and hands) on new technology when going back to school.

Cool means ... technology

Kids clamouring for e-readers with high functionality Tablet explosion hitting schools

What's on top of the school supply list this year? It isn't T-shirts and tennis shoes. It's the other T — for mobile tech.



Kids as young as elementary age are looking for smartphone upgrades, while the college set is sussing out the explosion in tablets, said Craig Johnson, president of the retail consulting and research firm Customer Growth Partners in New Canaan, Conn.

"The single most important thing is the acceleration of technology for back to school. Kids don't get excited about a new lunch box these days, or a new backpack. Cool means technology," he said.

That means e-readers with high functionality like highlighting, underlining, pagination and touchscreens.

The new Nook has a 15-centimetre (six-inch) touchscreen and crisp, clear print for reading in bright light, tech analyst Andrea Smith told reporters at a recent Consumer Electronics Association trade show. It also indicates how many pages to the end of a chapter and has received praise for long battery life.

Back-to-school tech also means tablets. Once hallowed Apple ground, iPad 2 competitors are everywhere this season. Apple is still the big kid, but Android technology is in pursuit. Some of the new tablets run Adobe Flash software, which Apple doesn't have.

In addition to the iPad 2, Smith suggests the 25-cm (10-inch) Toshiba Thrive for back to school. It runs on Android, has two USB ports and an SD card reader.

▶ Apple's iPad, top, and the Toshiba Thrive.

Tablets are cool, but are they practical for actual school work? That might have everything to do with the popularity of bluetooth-enabled keyboard add-ons, including the new one Smith and Morris like from Logitech with a case that easily turns into a tablet stand. Toshiba has a keyboard, too, also sold separately.

Christine Mallon, vice-president of retail marketing for Staples, agrees that mobile tech is leading the back-to-school drive and creeping onto supply lists for ever-younger kids.

"One of the biggest trends that we've seen is that technology is becoming a school supply," she said. "Kids need laptops, they need flash drives. We're seeing it in a very big way this year."

THE ASSOCIATED PRESS

Stuff that writes

Pilot's B2P pens (for bottle to pen) are made from recycled plastic bottles and designed to look like one. They are lightweight with gel ink. Animal print pens and erasers are everywhere.

Post-it has been putting flags for tagging into the tops of pens and highlighters for a while now. There's a highlighter-pen combo in a three-pack with room for 50 colour-coordinated flags on a shirt clip.

Sharpie has gone gel for highlighters for a wider variety of paper, including ink jet, glossy and extra-thin surfaces. Twist the bottom to push up the gel.

Crayola has a box of dry-erase crayons that come with an eraser mitt.

STUFF FOR PAPERS

Eco-friendly notebooks, composition books and binders abound, if that's your kid's thing.

In the simple reuse category, Pottery Barn Teen sells full-zip, water-resistant fabric homework holders in a variety of tween-girl patterns, from peace signs to zebra stripes. There's a three-ring binder inside and a front zip flap for quick access.

Any true reinventions on the horizon? Watch for Azuna 3-D technology on notebook covers, Mallon said. They're available only at Staples.

THE ASSOCIATED PRESS

▶ A Post-it flag pen, top, and Pottery Barn's homework holder.

COMSTOCK/THINKSTOCK

▶ Although sometimes traumatic, moving to a new school can be an opportunity for students to rewrite "the story" about themselves.

Trading the known for the Unknown

Parents, schools can help ease children's anxiety

Moving to a new school can be traumatic for children of any age, but there are things parents can do to help.

"Talk about it," said Donna Henderson, a professor of counselling at Wake Forest University.

"Talk about both sides of it."

A move means trading the known for the unknown, and with that can come grieving for the friends, school and neighbourhood left behind, she said.

"There are going to be some parts of it that are really scary and that you can't figure out immediately, and that's OK. You're going to figure it out eventually," said Henderson, a self-described "army brat" who moved frequently growing up.

But moving to a new school also is an opportunity for students to "rewrite that story about themselves" if they didn't like the way things were going, she said. "It's a chance to not make the same mistakes again."

Seeing the school before classes begin can help ease anxieties. Sometimes it's the school's counsellor or principal who gives new families a tour of the building.

Orientation programs inform parents about what's available, from extracurricular activities to tutoring and other support services.

Once school begins, there may be special activities for new students.

Joining a club or team also can help the transition for children. Last fall, Margaret and Lucy Kellogg transfered to public schools from private school in Washington, D.C.

"In both schools, the extracurricular programs were incredibly welcoming, and both got started off on the cross-country teams in the fall," said mother Betty Cavendish.

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Stock up on supplies

ASTRID VAN DEN BROEK
FOR METRO

Pencils, papers, teacher's looks … indeed it's that time of year when back-to-school supply shopping has hit.

So what's hot in the classroom this fall?

First, forget your plain old ballpoint pens — writing implements are now bendable, sparkly, smelly, stretchy and more. And to really express your personal style, everything from pens and pencils to lunch bags and backpacks are covered with eye-catching designs.

"We have Tony Hawk, the skateboarder, notebooks and other items designed with him in mind," says Steve Grebenc, a general manager for a west-end, Toronto-based Staples.

Lunch bags and laptop bags (such as the PKG line of bags) are also breaking out of their neutral style colours.

"We have a few new lines with vibrant colours that appeal to the younger grades," says Grebenc.

Lunch bags also continue to move into lunch purses, such as Thermos' Fashion Lunch Tote bags. Don't like the bags you see? Pick up a Tattoo line of bags, which are black and white in design, but come with markers so your little Van Gogh can colour them himself or herself.

And thanks in part to Litterless Lunch movements in some schools, Grebenc notes the reusable trend continues with more options for Thermoses and water bottles.

Durability is key with school supplies, which makes Better Binders a smart pick. Need more in a binder? Newer options include handled binders with multiple file folders inside.

▶ Binders are a must-have for back-to-school supplies.

To-do list

- While must-have items for school can vary grade to grade (high school students need locks while elementary school students don't generally need them), here's a list to get you started. Check your local office supply store or school to see if they have supply recommendations.)
- Paper
- Pencils, pens/markers/pencil crayons
- Binders and duo tangs
- Calculator
- Erasers
- Lunch bag and water bottle
- Staplers and staples
- Pencil sharpener
- Notebooks
- Glue and scissors

▶ The Thermos Plaid Tote lunch bag, top , is available at Wal-Mart for $16.99. Protect your laptops with PKG bags ($44.99-$49.99), available at Future Shop, Best Buy and other retailers.

Keep your makeup light

and natural

ASTRID VAN DEN BROEK
FOR METRO

Want picture-perfect makeup and skin to head back to school this September?

If so, think more Taylor Swift-style over Snooki.

"Keep your makeup light and natural," suggests Diane Sonnenberg, vice-president, brand and values for the Toronto-based The Body Shop Canada. "Teens don't need to use foundation. Instead, use a concealer on blemishes only."

To continue your soft, natural look, lightly apply eye shadow and follow the critical makeup application rule: Blend, blend, blend. Then swipe on brown mascara and a natural-looking pencil liner over liquid.

And for your lips? A flavoured light gloss or balm rounds out your look, such as The Body Shop's new Natural Lip Roll On.

However, if it's Friday night and you are party-bound, a more dramatic look is in order, such as loud lipsticks — think dark purple or cherry lips or very bright orange lips, says Julianna Smith, a blogger for Toronto's Yorkdale Mall.

"The dark, smoky eyes are in, but if you are doing the dark lips go with a more natural look on your eyes," she says. "Metallic colours are also in, as are bright colours for the eyes if you do a natural lip colour."

To complete your look in a polish, nude-coloured nails are in, as are glittery, metallic nails.

"Nail polishes are huge now," she says. "They're an inexpensive way to add to your look."

▶ Vitamin C Skin Boost from The Body Shop, left, Lush Tea Tree Water, top, and Tea Tree Skin Clearing Tone from The Body Shop.

Healthy skin tips

Diane Sonnenberg, vice-president, brand and values for the Toronto-based The Body Shop Canada, gives us five steps to healthy skin.

1. Wash gently — scrubbing hard will aggravate your skin.
2. Cleanse your face twice a day with a gentle product, such as The Body Shop's Tea Tree line.
3. Tone after you wash with a light toner, such as Lush's Tea Tree Water facial toner, to remove any remaining dirt or makeup.
4. Moisturize using a non pore-blocking light moisturizer.
5. Don't pick at scabs or squeeze or scratch at acne. Doing so will likely leave scars.

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Shining stars

Prints, preppy looks, boho chic in style

Young musicians and actors continue to influence trends

The red carpet seems to be making its way to the classroom this fall, as looks reminiscent of styles worn by young stars are among the emerging trends in back-to-school fashion.

Winners fashion expert Sarah Smithers said while hoodies remain a staple for younger boys, sweaters and cardigans are key pieces for their older counterparts, evocative of styles sported by Canadian pop sensation Justin Bieber.

"While we can often see him out wearing a great hoodie, he's also not afraid to pull on a cardigan or a zip-up sweater, and I think that tween boys are starting to pick up on this as well," she said.

Fellow homegrown music star Drake has been known to wear collegiate styles of his own, like varsity jackets — not unlike the preppy looks on offer this upcoming season.

Smithers said for teen boys, they are seeing a bit more of a heritage or rustic look with knits and sweaters featuring shawl collars that channel collegiate cool. But guys can still add their own touches to personalize more casual yet conservative styles.

▶ Male students can choose the varsity look, while the boho-inspired chic look is a key trend for females.

"Maybe they're going to wear a varsity jacket with maybe a letterman-style cardigan and really go over-the-top preppy varsity, but then they're going to add interesting accessories like a retro sneaker in a bright bold colour, maybe a belt, again in a bright bold neon hue," said Smithers.

Bowties in bright colours are other potential ways to update their outfits, she noted.

For the girls, singer Willow Smith of Whip My Hair fame is an example of how to mix different items and prints together in one ensemble, said Nancy Dennis, brand and trend director of children's wear for Sears Canada.

"She kind of epitomizes what I describe as the mash-up style," she said. "The colour is very bright, it's very electric, it's very happy."

Dennis said there is little in the way of subtlety or understatement when it comes to girls' wear this season, most notably with fashion tops featuring embellishments like sequins, scarves and vibrant prints.

Smithers says pink and purple remain wardrobe must-haves for girls, and prints are expanding beyond hearts and stars to include stripes, butterfly prints and peace signs.

A good rule of thumb in pairing patterns is to keep prints in similar hues, she noted.

Even footwear is going bold from ballet flats boasting animal prints, studding or Mary Jane-style detailing to what Dennis describes as the "must-have" for both genders: Converse-style sneakers, available in classic hues and more colourful patterns.

Smithers said flat, knee-high boots, faux shearling details on boots and wedge-heeled booties are also hot looks in girls' footwear.

Hoodies are getting a stylish stamp, too, with bold graphics from boom boxes to skull patterns dotting designs, said Dennis.

For both boys and girls, Dennis said perennial pop culture faves such as Star Wars, Lego and Hello Kitty are among the hot properties in licensed tees.

The bright and bold mantra when it comes to colours isn't strictly the domain of girls. Smithers said plaids in particular are getting an update with the patterns steeped in orange, green and blue.

For girls who may be seeking to get groovy with their style, iconic bohemian-inspired pieces may be more up their alley. Smithers said boho chic is a key trend in both apparel and accessories for fall.

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Bright, fun and whimsical

When it comes to fashion, children can pull off what adults can't

Some kids might look as if they are getting dressed in the dark: Crazy pattern combinations, clashing colours, and mismatched socks and shoes.

Perhaps, though, they are making enlightened fashion choices — choices that represent their personalities and budding senses of style, and encourage fun and even a wink to convention.

Eventually, children will start to notice trends, rules and peer pressure, but until then, experts say, let them wear their plaid on plaid, shocking pink with neon orange, and argyle with polka dots. And different coloured socks, of course.

▶ A Layered Jersey dress and a Rock Applique shirt, both from Mini Boden.

They will look great doing it, if you don't hold them back or challenge their confidence. (This is not giving licence to youngsters for an inappropriate wardrobe, just a more creative one.)

Be the sporty girl who will wear a glittery top, floral denim jeans and canvas high-top sneakers, Hough says. "Our girl can pull off mixing so many patterns and stripes and pieces in a way that we might not be able to do as adults, and the main reason is, she doesn't care what we think."

"Everything looks good on children," agrees Cathy Carrington-Birch, Mini Boden's buying and merchandising director, who picks corduroy shorts paired with tights as a trend for girls this back-to-school season, and brushed tartan cargo pants for boys.

"As a result, they're confident enough to try combinations that adults would deem too daring. Once they reach a certain age, they have a very clear idea of what they like," Carrington-Birch says.

Moms often warm up to the crazy combinations once their eyes adjust, observes Lori Twomey, chief merchant of the membership flash-sale website Zulily.

How can they resist their little prince or princess who is loving styles that are bright, fun and whimsical?

"They'll mix fabrics together and colours that you say, 'They don't go,' but then you see it and, all of a sudden, it works really well," she says.

THE ASSOCIATED PRESS

Putting your best foot forward

ASTRID VAN DEN BROEK
FOR METRO

Who doesn't love back to school shopping? But before heading out, make note of these hot trends to stock your closets with.

In colours and prints for fall, there are three things to remember, says Julianna Smith, a Toronto-based blogger for Yorkdale mall.

"Many summer trends are staying around, so bright colours like lime green, bright orange and cobalt blue are making their way into fall," says Smith.

Other hot must-haves include python and snakeskin-printed accessories and those hot, hot metallics such as gold and silver. These colours aren't just for teens, either — look for turquoise Knit Ribbon Ruffle dresses and Silver Sequin skirts at Old Navy for the younger set.

▶ Reebok's ZigTech shoes for children range in price from $59.99-$79.99.

For children, Old Navy's Motorcycle Boots can incorporate the look and keep their legs covered during lunch time play.

Also for the younger-than-10-year set, laceless shoes continue to appear on store shelves in bright pinks, fuschias, greens and blues, and shoes that including breathable mesh to endure hard recess play (such as Reebok's new ZigTech line of children's running shoes).

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The mystery of Pittsburgh

Fans worried about winter without Crosby Many wondering if captain is in worse shape than is being said

Sidney Crosby's health issues are making for a very unsettled late Pittsburgh summer.

Nearly a quarter-century since The Mysteries of Pittsburgh was a best-selling book, the region's hockey fans are dealing with another riddle wrapped inside an enigma.

How badly is Crosby still hurting after sustaining what appeared to be multiple concussions only days apart in January? Will his lengthy layoff stretch into the new season? And when No. 87 finally does play, will he again be hockey's best player?

The answers don't appear to be forthcoming anytime soon, and that's making the Penguins fan base nervous.

Since leaving town nearly four months ago, Crosby hasn't said anything publicly about his persistent post-concussion symptoms. The Penguins aren't saying much, either, if only because they don't know much. Even some of Crosby's own teammates are privately wondering why they aren't getting more information.

"I can't wave a wand and tell you how it's going to play out," said Penguins coach Dan Bylsma, who said the team might not get a true reading of Crosby's status until training camp starts in mid-September.

"We haven't heard from Sid since he left town and, while it's his off-season, they (the Penguins) seem to be unsure, too ... (leading) fans to believe that they're hiding something or there's something deeper."
PITTSBURGH TALK SHOW HOST KEN LAIRD

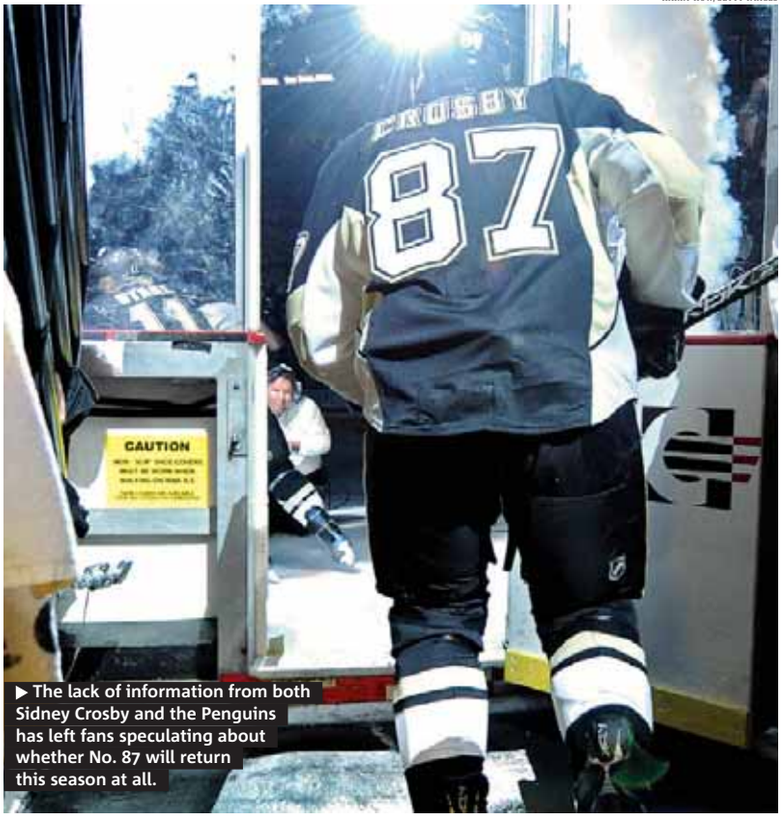
At a time of the year when Pittsburghers generally are focused on the soon-to-start Steelers season, many are on edge because Crosby still isn't healthy eight months after being hurt.

"I'm worried," said Brian Smith, a 23-year-old Duquesne University graduate school student from Pittsburgh.

"I worked in the concussion lab at my undergrad school, and concussions can be serious, especially when you've gotten two in a row like that. They can really mess you up. He definitely needs to take his time. I want him to come back, but I don't want him to ruin the rest of his life."

Smith fears Crosby's case is less predictable because it now appears the Penguins captain had concussions in separate games four days apart in January.

HARRY HOW/GETTY IMAGES



▶ The lack of information from both Sidney Crosby and the Penguins has left fans speculating about whether No. 87 will return this season at all.

Camp concerns

Sidney Crosby is still working out, and neither he nor the Penguins are saying if he is skating at a pace consistent with a player about to report to camp.

- If there's much of a delay once camp opens, then the Oct. 6 opener at Vancouver becomes doubtful.
- Penguins coach Dan Bylsma remains positive, saying, "Sidney's progressed nicely this summer. He's had a long summer."

After being shut down for a few weeks after Pittsburgh's first-round loss to the Tampa Bay Lightning, Crosby resumed his off-season workouts in his native Nova Scotia.

But as the workouts intensified, the symptoms returned. Penguins general manager Ray Shero, who has been in contact with Crosby, isn't sure exactly what they were.

"If he's not ready for the start of the season, I'm worried for the Penguins for sure," said Nick Barone, 20, a former hockey player for Bethel Park (Pa.) High School. "I don't think they could go a whole season without Crosby. A lot of people will be worried if Crosby's not out there."
THE CANADIAN PRESS

Lawrie adds heroic homer to resumé

DARREN CALABRESE/THE CANADIAN PRESS

▶ Blue Jay Brett Lawrie balances on one leg after throwing out Royals batter Melky Cabrera in Toronto last night.

Brett Lawrie's solo homer off Louis Coleman to lead off the bottom of the seventh inning was the difference as the Blue Jays picked up a 4-3 win last night over the Kansas City Royals in Toronto.

Lawrie's drive came off Coleman, who had just come on in relief of starter Luke Hochevar. It was the fourth of the year for the native of Langley, B.C., and went along with an RBI triple in the fourth inning.

4	3
BLUE JAYS	ROYALS

Jose Bautista also went deep for the Jays (66-63) with his Major League-leading 37th homer of the season in the fourth.

Hochevar had, for the most part, kept the Jays bats quiet. The Kansas City (53-77) starter gave up three runs, all of them in the fourth on four hits in six innings of work.

Jesse Litsch (5-3), who came on to pitch in relief of Ricky Romero in the seventh, picked up the win for Toronto. Frank Francisco picked up his 11th save of the season after coming on to start the ninth inning after Casey Janssen's scoreless eighth.
THE CANADIAN PRESS

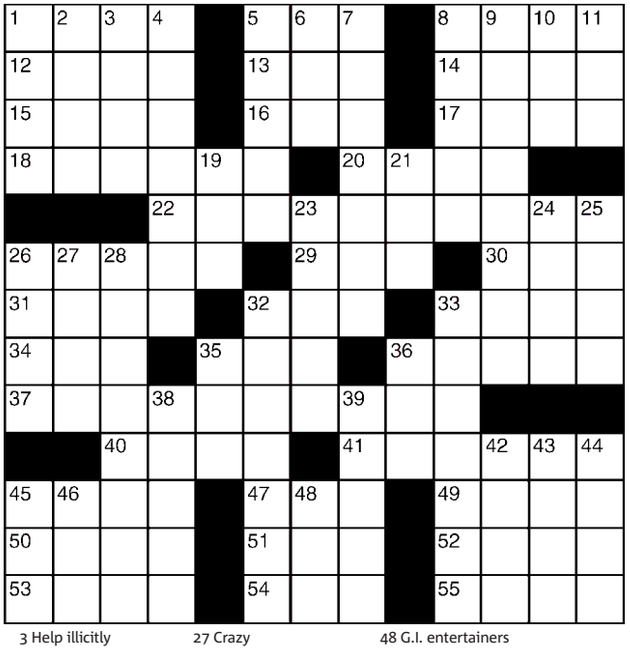
4 sports

Quoted

"Hopefully Peyton will be back, but if he's not, maybe I can be one of the guys that can help this ball club."
QUARTERBACK KERRY COLLINS, WHO AGREED TO TERMS ON A ONE-YEAR CONTRACT WITH THE INDIANAPOLIS COLTS YESTERDAY. COLLINS WILL BE THE LIKELY STARTER IF PEYTON MANNING HASN'T COMPLETELY RECOVERED FROM OFF-SEASON NECK SURGERY WHEN THE SEASON OPENS SEPT. 11.

"We don't even know him. We ain't vanilla, man, we ain't no simple offence. So for him to come in here and be the starter, I don't see it. I think that's a step back."
COLTS RECEIVER REGGIE WAYNE ON THE PROSPECT OF PLAYING WITH COLLINS

Crossword



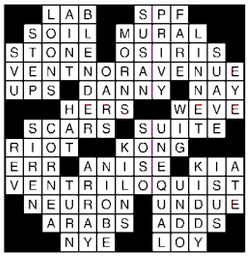
Across

1 Just one of those things
5 "Wipeout" network
8 On in years
12 George Herman Ruth
13 Four qts.
14 Story
15 Coaster
16 Freudian concept
17 Weaponry
18 Magical drink
20 CNN's Blitzer
22 In a dangerous position
26 Cumulus, e.g.
29 Apiece
30 Always, in verse
31 "My bad"
32 Foundation
33 Radius neighbor
34 Expert
35 Evergreen type
36 Arabian Sea feeder
37 "Gunsmoke" saloon
40 Move like a moth
41 Royal attendant
45 Hodgepodge
47 Drone
49 Ready to be picked
50 Rock drummer Ulrich
51 Kreskin's claim
52 Witnesses
53 Turns blue?
54 Homer's cry
55 Tackles' teammates

Down

1 Recipe meas.
2 Head light?
3 Help illicitly
4 Tiresome
5 Representative
6 Satchel
7 Fooled (around)
8 In any manner
9 Jon's cat
10 Shade source
11 — Moines
19 African lute
21 Rowing need
23 "Fidelio," e.g.
24 Waiter's handout
25 Support group?
26 Brat's stocking stuffer
27 Crazy
28 Where chestnuts roast
32 Brought forth a child
33 Dislodge from a steed
35 Hoover's old org.
36 Lemieux milieu
38 Lipstick alternative
39 Naiad or dryad
42 Carriage
43 Mimicked
44 Untouchable Eliot
45 Antiquated
46 Deposit
48 G.I. entertainers

▶ Yesterday's answer



Sudoku

				7		5	1	2
		6						9
	5				3		7	
			9			4		
5	1		2		4		6	3
		7			6			
	4		3				5	
2						8		
7	8	3		4				

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	9	4	2	7	8	3	1	6
2	6	7	1	3	4	9	8	5
1	3	8	9	6	5	7	4	2
8	5	6	7	9	2	4	3	1
7	2	3	6	4	1	8	5	9
9	4	1	5	8	3	6	2	7
6	8	5	3	1	9	2	7	4
3	7	2	4	5	6	1	9	8
4	1	9	8	2	7	5	6	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

NickyG,
you were the potion that got me high all summer. Thank you for listening. You are the best and LMFAO, U and ME 4 now R prrrfect.
PHATE

Courtney,
You are my one and only, could never imagine being with anyone else for the rest of my life <3
MARC

Maureen
You are the best wife in the world....I will always love you.
FROM YOUR HUSBAND TOM

Beloved "A"
I can't believe its been 5 years! We've been through so much already but I look forward to whatever else life will throw at us! I love you!
FROM JEWELS

Today 24°/14° Sunny
Friday 24°/15° Sunny
IT'S LIKE HAVING A METEOROLOGIST LIVING IN YOUR POCKET.
Get your weather on the go with theweathernetwork.com
TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Take the day off and don't worry that you might fall behind your rivals.

♉ Taurus April 21-May 21 Romantically and creatively, you have so much going right now. Reach out and take what you desire most.

♊ Gemini May 22-June 21 Be subtle in your efforts to educate those who are not as clued in as you. Don't dictate, either.

♋ Cancer June 22-July 22 You will accomplish more today if you slow down and do one important thing really well.

♌ Leo July 23-Aug.23 You may be decisive, but this is not the right time to make decisions about what you own and what you earn.

♍ Virgo Aug. 24- Sept. 22 Today's Mars-Saturn link warns the harder you try to change things, the worse they'll get. So don't try.

♎ Libra Sept. 23-Oct. 23 Cosmic activity in the most sensitive area of your chart makes it easy to find out what makes you tick.

♏ Scorpio Oct. 24-Nov. 22 The Sun in Virgo at this time of year makes you open to newness.

♐ Sagittarius Nov. 23-Dec. 21 Employers and other important people really do want to see you succeed, so amaze them.

♑ Capricorn Dec. 22-Jan. 20 People who are jealous of your skill and success will make negative comments about you today.

♒ Aquarius Jan. 21-Feb. 18 Show your critics that you can act and think clearly under pressure.

♓ Pisces Feb. 19-March 20. If what happens today looks like a setback, it's because you need to step back. **SALLY BROMPTON**

Caption contest

LILL STRAUSS/ DAPD/ THE ASSOCIATED PRESS

BELA SZANDELSKY/ THE ASSOCOIATED PRESS

WIN! **You write it!**

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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☑ Consumer's Choice Award Winner Best Local Jeweller for 9 Years in a Row!

Gold and silver prices are at all-time highs and this is a great opportunity to sell your gold, silver, platinum and palladium. Since 1967 J&M has always paid the highest price and we are still the highest paying buyers. We have won many awards and years ago the Vancouver Sun did a survey of the local gold buyers and we were the top buyer paying the best prices.

Why do other newcomer buyers offer 5%, 10% or 20% bonuses? Could it be because they are paying so little and have such large profit margins? It is frustrating to see people in our community being taken advantage of by glitzy advertising such as the TV commercials or road shows and home parties, etc...

Please note: All prices were based on **gold @ U$1,610.00** and **silver @ U$40.27** and a **CAD-USD exchange rate of 0.9587 on July 27, 2011, the day when this ad was created and will certainly be higher or lower when you come in.**

Here's a direct, real comparison over two days of J&M's buying prices with those of a new Vancouver buyer claiming to be the highest buyer.

	July 26		July 27	
Item/Description	They Pay	J&M Pays	They Pay	J&M Pays
10kt scrap gold, per gram	$14.97	$16.08	$15.04	$16.12
14kt scrap gold, per gram	$20.96	$22.59	$21.05	$22.64
1 oz. Recognized Gold Bar	$1,385.00	$1,520.45	$1,391.73	$1,524.15
1 oz. Gold Maple Leaf Coin	$1,454.00	$1,530.91	$1,461.00	$1,534.63
Sterling Silver, per Gram	$0.69	$0.89	$0.70	$0.88
Silver Canadian Coins from 1966 and earlier, per $1 face value	$17.50	$20.27	$17.80	$20.22

Gold Coins and Bars

1 oz. modern, sealed bars	$1,524.15
1 oz gold Maple Leaf	$1,534.63
1 oz. Krugerrand	$1,481.45
Sovereign	$346.94

Silver Coins and Bars

1 oz. silver bar	$38.85
10 oz. silver bar	$391.37
100 oz. silver bar	$3,828.78
1 oz. silver Maple Leaf	$39.32

Canada Collector Coins

1948 $1	$900.00 and up
1890H 50¢	$500.00 and up
1875H 25¢	$200.00 and up
1889 10¢	$350.00 and up
1921 5¢	$4,000.00 and up
1923 1¢	$14.00 and up

Silver Coins *Per $1.00 Face Value*

Canada 1968	$12.34
Canada 1967	$15.67
Canada 1966 and earlier	$20.22
USA 1964 and oder	$24.55

Scrap Gold *Per gram*

10kt	$16.12
14kt	$22.64
18kt	$29.16

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